

<u>Title</u>	<u>TABLE OF CONTENTS</u>	<u>Page</u>
Report of the Annual Meeting of the N. C. T. C. A.		5
Track Meet Promotion and Organization	Panel	9
Promotion of Track and Field at Small Colleges.....	Frank Wetzler	26
The British AAA Coaching Scheme	Fred Wilt	32
Weight Training for Field Events	Rex R. Grossart	36
Training for the 440 Yard Hurdles	John Gibson	41
Training for Distance Running	Ken Doherty	47
High School Middle Distance Running.....	Frank McHugh	53
The Oregon School of Running	Bill Bowerman	59
The Training of Glenn Davis	Larry Snyder	65
Training the Hurdler	Lloyd Duff	68
Indoor Running and Its Effect Upon the Athlete	George Eastment	79
Indoor Relay Running.....	George Eastment	83
Oklahoma Pole Vaulting	Bill Carroll	89
Contrasts in Javelin Techniques	Frank Wetzler	97
John Thomas - High Jump	Ed Flanagan	105
Panel Discussion	Panel	111
Olympic Plans.....	Larry Snyder	127
1960 All-American Track and Field Team		135